

SHAPE UP!!! SLIM DOWN!!! HAVE FUN!!! FOR ONLY FIRST TIME . OTHER PROGRAMS VISITORS WILL BE PRESENTED 18 YEARS THE WORLD OF **HEALTH SPA'S** Gracious counselors welcome you into our luxurious oasis of physical improvement and resort-like pleasure! Discover the benefits of our famous personalized programs, for Men and Women. See how our figure and Fitness Professionals help you look your best through dynamic Supervised Exercise! & Women for Men 8 · Electrical Equip. Facilities . . . Private Showers Swimming Pools • Private Dressing Sauna Baths Adults to Condition Steam Baths Sun Rooms Inhalation Rooms · Plenty of Free Whirlpool Baths Parking Parking OPEN DAILY 10 A.M. 10 P.M. Oil Plunge Pool Mechanical Equip Facilities Subject To Location ORLD OF HEAD BURLINGTON PEABODY HANOVER 34 Cambridge St. Rt. 3 So. Exit 415 Rt. #1 & 128 Rt. #3 & 53 Next to Hanover Mall Holiday Inn 535-5590 Just off 128 826-8351 272-3080

## YWCA Autumn Programs Are Open to All Area Women

Autumn classes and activities at the Marshfield YWCA are open to all women who live in South Shore communities. The fall registration will be held on Wednesday, Sept. 12 from 10-12 a.m. and 7:30-8:30 p.m. Refreshments will be available and teachers will be present to display some of their work. Classes will begin on Monday, Sept. 17.

Morning classes are from 9:45 to 11:15 a.m. They are as follows:

Monday — postpartum discussion, desserts and appetizers, childhood health emergencies, beginning tennis.

Tuesday — trimnastics, doll house furnishings, writer's circle.

Wednesday — ethnic cooking, sewing for children, jogging, beginning tennis, swim instruction with mothers and kids, swimnastics.

Thursday — crochet/knit, beginning jogging, sewing II, beginning II tennis, adult beginning swimming, improving your swimming

Friday — beginning II tennis, cake decorating, crafts workshop.

Afternoon classes are from 1-2:30 and are as follows:

Monday — yoga (12:30-2:30 p.m.), intermediate tennis.

Tuesday — bread baking, sew what's, quilt club, beginning tennis, macrame, swim instruction for primary, beginners, intermediate (4-5:30 p.m.) gymnastics (4-5:30 p.m.).

Wednesday — creative design with fabric and stitchery, adult beginning swimming (12:45-1:30), mom and kids swimming (1:30-2:15), swim instruction from beginners through swimmer level (4-5:30).

Evening courses include:

## **New Program**

The Education of the South Shore Art Center in Cohasset has announced the addition of a certificate program in drawing and painting as another important step forward in the Center's expansion of cultural services.

Beginning this fall, students may choose to complete requirements for an art center certificate that will represent successful completion of basic courses in drawing, painting, art anatomy, color and design and art appreciation plus elective courses in portrait, land-scape, crafts and 3-D.

Present students may count four terms of courses taken in the past three years toward their certificate. Certificate work should be completed four years from the beginning date but students may petition for extension.

As in the past, all Center courses including courses credited through the Mass. College of Art continuing education program can be taken individually without certificate or credit status.

Mondays — disco dancing for teens and adults and parenting; Tuesday — fertility awareness, sewing, and basic rescue and water safety; Wednesday — ceramics, being a single parent, and home landscaping; Thursday — voga.

Encore will be scheduled for class members and CPR dates will be announced.

For further information please call the YWCA any weekday morning at 834-8371.





